



Autumn Yoga Retreat

Grow in your yoga practice, enjoy nature and delicious vegan food during this luxury yoga retreat with international yoga teacher Saskia Snikkenburg.

YOGA LEVEL

6-month regular active yoga practice.

FRIDAY:

17.00-17.30 Arrival and Check In

17.30-18.45 Yoga Flow Class

19.00 Delicious Vegan Gourmet Dinner

20.30-22.00 Yoga Lounge Mingle + Evening Meditation

SATURDAY:

07.30-09.00 Wake Up Yoga Class

09.00-10.00 Villa Baro breakfast

10.00-11.00 Nature Walk / Sauna

11.00-13.00 Yoga Workshop Learn to Fly

13.00-15.30 Packed Lunch & Free time*

16.00-17.30 Energy Yoga Flow Class

18.30 Delicious Vegan Gourmet Dinner

20.00-20.30 Mindfulness Walk

20.30-22.00 Health Food Workshop

SUNDAY:

07.30-08.00 Morning Swim in The Lake

08.15-09.30 Wake Up Yoga Class

09.30-10.30 Villa Baro Breakfast

10.30-12.00 Individual Coaching**

12.00-14.00 Lunch & Activities*

14.00-15.00 Yoga Flow Class

15.00-15.30 Reflection & Goodbyes

* **Book your Activities: Nature Walks / Beauty treatments / Padel / Golf**

** **20-minute personal nutrition coaching session booked separately (550 SEK)**



Yoga Retreat

When

29 – 31 October 2021

Price

5 930 SEK per person / double room

6 430 SEK per person / single room

The Retreat Includes:

- Two Overnight Stays
- Two Breakfasts
- Two Lunches
- Two Dinners
- Two Workshops
- Five Yoga Classes
- Evening Meditation
- Extra Outdoor Activities

Book by calling 0120-844 40



VILLA
BARO